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Puppy love



In which Shannon calls her connect and brings some much-needed joy to the office PAGE 16

'Snowball fight, you say?': Comet

It's being billed as the 'comet of the century' — but first ISON has to survive its trip around the sun PAGES 12 & 13

FACE TO FACE WITH HOMELESSNESS

LOCAL PHOTOGRAPHER USES HER LENS TO EXPOSE AND EXPLORE THE HUMANITY OF PEOPLE WITH NO PLACE TO CALL HOME PAGE 8





FIRE GUTS THREE UNITS

Firefighters pull apart the back door at the scene of a house fire on Connolly Street in Halifax on Wednesday. Two people were taken to hospital, and the home, which housed three apartments, was completely gutted. Story, page 3. JEFF HARPER/METRO

The height of the matter

South end. Residents mostly against proposed condo due to height, shadows



The proposed Wellington Street condo buildings. CONTRIBUTED

Nearly all of the residents who spoke at a community meeting Wednesday night on a possible Wellington Street development were against the project, many citing confusion over why the meeting was held at all since HRM staff had deemed the building "excessive."

A crowd of more than 100 people attended the meeting at Saint Mary's University to give feedback on amending the Municipal Planning Strategy to allow rezoning of 1034, 1042, 1050 and 1056 Wellington Street into a high-density property with two towers at 12 and 10 storeys.

"The answer is to stick with the plans and do something that's reasonable for the neighbourhood," said resident Bruce MacDougall after the meeting, one of many who said the design was too tall, that it would cast shadows over Gorsebrook Park, and cause traffic issues on an already crowded street.

Regional council decided to hold the public meeting after an HRM staff report recommended against the development, stating the scale was "excessive for the area."

Architect Michael Napier said the building would have 58 units at 3,600 square feet each, with two or three bedrooms and a balcony, and the last three storeys would be a glassed-in penthouse.

Michael Moore, lawyer for developer Dino Capital Ltd., said the project is ideal because it would have a written agreement, allowing the public more input on the design, while what's referred to an as-of-right development could expand the current homes into student housing with fewer restrictions.

Gary Bristow, president of a condo residents' board on Wellington, said he'd never seen the design before Wednesday night and had preferred one of the other ideas the developer presented a few months ago.

"I'm upset that this was slipped in on us and the developer didn't give us a chance to comment," Bristow said. "That community that was talking to him, trying to work with him, has now lost faith."

Two people spoke in favour of the project, including Wes Campbell, who said many people would love to live beside a green space, and urged the community to work with the developer since something will be built eventually.

HALEY RYAN/METRO



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Fire destroys west-end home, injures two men

Blaze. Six people homeless after flames ravage two apartments



RUTH DAVENPORT
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Firefighters monitor flare-ups at a house fire on Connolly Street in Halifax on Wednesday morning. Two people were treated in hospital for minor injuries after a fire that caused major damage to a two-storey home in the city's west end. JEFF HARPER/METRO

Two people were treated in hospital for minor injuries after a fire that caused major damage to a two-storey home in the city's west end.

The fire broke out around 9:30 a.m. Wednesday at 2621 and 2623 Connolly Street, a house just behind Fries & Co. on Chebucto Road.

Halifax Regional Fire Services Division Commander Mike Blackburn said fire crews were greeted by a "heavy volume" of fire that spread quickly through the older house.

"Both floors are gutted," he said. "There's nothing salvageable in them, they'll have to do some major renovations."

Bert Ferguson, who has lived in the apartment for 18 years, said he wasn't home at the time.

"I was driving on Chebucto Road and ended up seeing smoke and seeing it was my place," said the visibly shaken man. "I just wanted to make sure everybody was out."

A release from the Red Cross states two people were treated in hospital for smoke inhalation and minor burns. Both have been released.

Ferguson said his stepfather and uncle, who both have limited mobility, were in the apartment at the time of the fire.

His friend, Gayle Burris, was with him when he came on the fire, and ran inside to get one of the two men to safety.

"I put his arm around my shoulder, and the other guy with me put his other arm around his shoulder and we just lifted him up and walked," she said. "He's on oxygen, so I was thinking the place is full of oxygen tanks, it's going to blow."

Quoted

"I couldn't just leave him in there. I don't care what I gotta do, somebody's in the house, I'm going in."

Gayle Burris, woman who helped get man out of burning house

Two tenants who lived on the upper floor of the building made it out unharmed, along with their pets.

The Red Cross has helped all six residents out with emergency purchases of food, clothing, and lodging where needed.

Blackburn said the cause of the fire is under investigation.



Tenants from the apartment complex. JEFF HARPER/METRO



Aylesford. High-risk sex offender charged with breaching bail conditions

The RCMP in Nova Scotia say a high-risk sex offender — who they had warned the public about regarding his release from a federal prison in September — was arrested earlier this week.

Shane Smith, 36, was released in New Brunswick on Sept. 27 after finishing a three-year sentence for offences that include sexually assaulting both boys and girls, ranging in age from four to 18.


Shane Smith CONTRIBUTED

Police said Smith would be residing in the Aylesford area and was considered at high risk to reoffend.

On Wednesday, the RCMP announced that on Nov. 14, officers went to Smith's residence to make sure he was abiding by his curfew, but he wasn't there.

Police say Smith also had a motor vehicle he failed to report, which goes against his probation conditions.

On Monday, police arrested Smith and charged him with two counts of breach of conditions.

He was held in custody overnight and appeared in Kentville provincial court on Tuesday, where he was released again.

PHILIP CROUCHER/METRO

Berwick. Citizens ask that bus shelter where person died be rebuilt elsewhere

A group is calling on the town of Berwick to find another location for the replacement of a bus shelter where a homeless man died last month.

Harvey Lawrence, 62, had been living on the streets of Berwick for several months. He died early on Oct. 23 when the shelter he had been sleeping in went up in flames.

After Lawrence's death, the Kings Transit bus stop was moved a short distance south on Commercial Street.

Sharlene Lutz has created an online petition requesting Berwick relocate the shelter "out of respect for Harley Lawrence's family and members of the community that are outraged and saddened by the events of Oct. 23."

KENTVILLE REGISTER

Purpose

Sharlene Lutz says it would be more appropriate to leave the original shelter site untouched as part of a memorial for Lawrence.

Oxford and Waegwaltic

Woman struck in rush-hour traffic

Police are investigating to determine what if any charges will be laid after a pedestrian was struck crossing a busy Halifax street during rush-hour.

Just after 5 p.m. Wednesday, a woman was hit at the intersection of Oxford Street and Waegwaltic Avenue. She wasn't in a marked crosswalk, police say.

The victim was taken to hospital with minor injuries. METRO

Tracadie

Man collapses, dies at flu clinic

Police in Nova Scotia say a 73-year-old man has died after collapsing at a flu clinic.

RCMP Sgt. Law Power says paramedics were called to Saint Peter's Parish Hall in Tracadie after the man collapsed Tuesday just before 4:30 p.m.

Power says it does not appear the death was related to the flu shot.

Officials closed the clinic after the incident.

THE CANADIAN PRESS


Premier Stephen McNeil, left, and retired vice-admiral Duncan Miller, right, present Robert Henderson with an award at Province House on Wednesday. JEFF HARPER/METRO

Seven Nova Scotians exalted for heroism

Medal of Bravery. Recipients faced house fires, highway accidents and deep-sea tragedies


RUTH DAVENPORT
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Robert Henderson didn't set out to be a hero when he heard his neighbour screaming for help last November — he was literally the only guy around who fit the bill.

The Springhill man and a local police officer were both willing to plunge into the neighbour's burning home last November to get her out of her second-storey bedroom — but only one of them could boost the other onto the porch roof.

"The officer, he's six four, 260. He wasn't getting on my shoulders," laughed Henderson.

The corrections officer was one of seven men honoured with the Nova Scotia Medal of Bravery at Province House on Wednesday.

It was the one-year anniversary of the night Henderson coaxed a petrified Laura Welsh and her beagle, Copper, out her bedroom window to safety.

"Once I got her out away from the smoke, she could breathe a little … and that calmed her down," said Henderson, adding the smoke was so thick he couldn't see five feet into the bedroom.

"That's all I focused on, was just trying to get her to relax, then worried about getting her down the ladder."

Welsh said Henderson appeared "out of thin air" as she screamed despairingly for help — and the story could have ended differently if he hadn't been there.

"I was breathing in quite a bit of smoke. It could have been a lot more severe for me," she said. "People don't always survive these things, and I was very lucky to."

Henderson said he never questioned the decision to put himself in harm's way and was "humbled" to receive the Medal of Bravery.

Premier Stephen McNeil praised the seven men, who were selected from 24 nominees for the sixth annual Medal of Bravery, for putting the welfare of others above their own.

"For most of us, these situations happen in the movies, they happen to other people — not to us," he said. "But for you, they were very much a reality, and you acted bravely and selflessly when called upon."

Instinct

"You don't look at yourself as brave or as a hero.... I just reacted to what was going on."

Robert Henderson

Good company

The other Medal of Bravery award recipients:

- **Aidan Brunn of Martins River and Patrick May of Maplewood,** who pulled an unconscious driver from his burning car after a collision in March. The pair also rescued a passenger whose clothes caught on fire. The passenger survived thanks to their efforts.
- **Donald Mahaney of Barrington Passage, Thomas Hennigar of Clark's Harbour, Thomas Nickerson of Clyde River and Gary Thurber of Doctor's Cove,** who spent 30 hours stabilizing the sunken fishing vessel Miss Ally after it capsized in February, then dove under the boat to search for crew members.


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Police officers investigate a fatal industrial accident in Bayers Lake this past May. JEFF HARPER/METRO

More followup needed on job sites: Auditor

Health and safety. Labour Department says it will develop policies that guide inspectors

Nova Scotia's auditor general says a small fraction of employers who failed to comply with workplace-safety orders received tickets for the violations over a one-year period.

Provincial auditors found 10 tickets were issued in 1,228 cases where workplaces failed to comply in time with safety orders between April 1, 2012, and March 31, 2013.

Auditor general Jacques Lapointe says inspectors need to do a better job of following up after identifying safety issues.

"The department should focus more on prevention by better enforcing compliance with work orders," Lapointe told a news conference after his latest report was released Wednesday.

Lapointe also said the Labour Department's health-and-safety division needs to target higher-risk workplace using Workers Compensation Board data. The report says the current system identifies higher-risk workplaces, but it fails to create a specific plan for their inspection over the course of a year.

As a result, some of the province's more dangerous workplaces — such as health and social services facilities — aren't receiving enough attention, says the report.

"Part of this involves focusing a little better on inspecting targeted workplaces, the higher risk ones ... and being a little more organized," said Lapointe.

Auditors say the Labour Department's health-and-safety division also lacks a system to log and track complaints to ensure they are recorded and investigated. Labour Minister Kelly Regan said her department agrees it has to be more consistent in enforcing its rules.

"If people continue to break safety rules we will use the toughest tools we have to protect workers," she said. "Non-compliance is not an option."

THE CANADIAN PRESS



Half a million dollars loaned out without proper assessment: AG's report

More than $500 million in public money has been approved to go to some of Nova Scotia's major employers, such as Irving Shipbuilding and the Pacific West Commercial paper mill, through a cabinet-controlled business loans program that is poorly managed and lacks monitoring and accountability, the province's auditor general said Wednesday.

In a scathing fall report, Jacques Lapointe said he found examples within the Nova Scotia Jobs Fund of unsecured loans and loans that were approved but did not always include the required financial and economic analysis.

"As a result, protection of taxpayers' money is inadequate and the economic benefits of these programs is uncertain," Lapointe told a news conference.

Quoted



"The system itself is full of gaps. It looks systemic to us and it's consistent from loan to loan and grant to grant."

Auditor general Jacques Lapointe

In some instances, employment and salary targets in final agreements the provincial government signed with companies that were offered public money were lower than those used to assess economic benefits, he said. Inaccurate information was also provided to cabinet where funding decisions were made, his report concluded.

The report said that since the inception of the Nova Scotia Jobs Fund in 2011, $611 million has been approved and $183 million disbursed as of Sept. 1.

Lapointe's auditors examined the 10 biggest loans approved by the previous NDP government, including the $304 million deal struck with Irving Shipbuilding to help it prepare for the $25-billion federal shipbuilding program.

Lapointe said deficiencies were found in all 10 loans and three, totalling $323 million, were approved without financial analysis. The transactions included grants and forgivable loans ranging between $8.8 million and $260 million.

THE CANADIAN PRESS

Who will fill Dexter's shoes?

Stoffer not interested in leading provincial NDP

Local MP Peter Stoffer says he won't run for the leadership of the Nova Scotia NDP.

The veteran New Democrat says he made the decision after consulting with his family.

Stoffer says he appreciates the encouragement and support he's received.

The MP for Sackville-Eastern Shore was elected to the House of Commons in 1997 and is the Opposition critic for Veterans Affairs.

Former Nova Scotia premier Darrell Dexter announced his resignation as NDP leader last weekend after losing the provincial election last month.

Legislature member Maureen MacDonald is scheduled to be nominated as acting leader at an NDP provincial council meeting Saturday in Halifax.

THE CANADIAN PRESS


Peter Stoffer METRO FILE

Privacy breached at Pictou County Health Authority

An unauthorized health-care professional accessed the personal electronic health information of as many as 39 people.

The Pictou County Health Authority issued a release Wednesday to say they are contacting all those who may have been affected.

This privacy violation occurred on Aug. 24, when the unauthorized health care professional, who is not a PCHA employee, conducted an unapproved job shadowing at the Aberdeen Hospital with a PCHA health care professional.

In the course of this job shadowing, the unauthorized health-care professional had the opportunity to view 39 inpatient electronic health records.

Of the 39 files accessed during the job shadowing, PCHA cannot confirm which of these patient files were actually viewed.

"I regret that this confidentiality violation has occurred and I apologize to those people whose private information was viewed," said PCHA CEO Pat Lee.

Notification

- The health authority was notified of the potential violation in September, at which time an internal review began.

"Our internal review has confirmed that the information was only observed. There was no change in clinical information and this unauthorized viewing did not impact patient care."

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Seeing through homelessness

Alderney Landing. Photographer launches awareness campaign that will be visible to area commuters


HALEY RYAN
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Local photographer Sue Siri poses for a photo next to one of the large window displays that will be installed at the Alderney Landing Ferry Terminal. JEFF HARPER/METRO

Local photographer Sue Siri is glad her latest project won't be making it into an art gallery any time soon.

Starting last January, Siri spent about 10 months getting to know people experiencing homelessness and taking their picture for the Seeing Through — One Community, Many Faces campaign in partnership with Shelter Nova Scotia.

"Whenever you immerse yourself in something like that, you grow as an individual," Siri said on Wednesday.

The campaign officially launches at 6 p.m. Thursday at Alderney Landing, where Siri said the 13 "larger-than-life," three-by-five-foot photos in the windows of each ferry terminal will be unveiled.

Other elements include 15 prints hung in the public space of Alderney Landing, 100 Metro Transit bus advertisements running in December, and a video of photos set to music and interviews.

Quoted

"It's altered my perceptions and changed my life." **Sue Siri** on her photo project

Although Siri said there was a discussion about putting her work in the Art Gallery of Nova Scotia, she's glad the everyday commuter will see the photos.

"Homelessness is a downtown, core-city problem," Siri said. "If you're the kind of person that would take a ferry or a bus to work, you're the kind of person that encounters several … homeless individuals on a regular basis."

Through the project Siri said she learned a lot about how complex homelessness is, and she gained a lot of compassion for those trying to get back on their feet without a safe place to lay their head.

"If you feel like, 'Wow, suddenly the absence of a home has also made me sort of a non-person in my own community,' that's very hurtful and it's very difficult emotionally," Siri said.

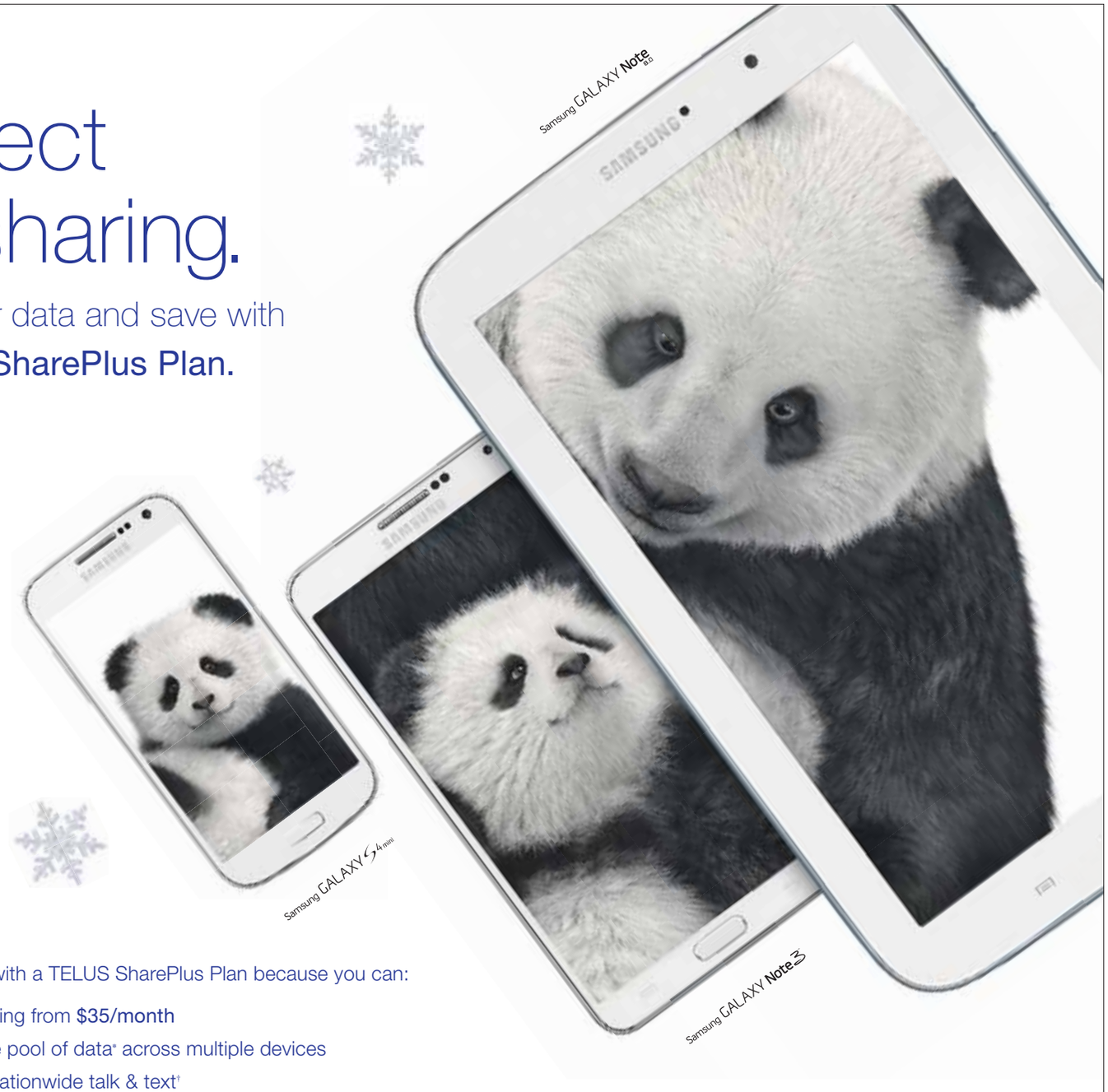
She said the campaign is about getting people to "pay attention to the problem," and not being so fearful or crossing the street if they see a homeless person.

"I just want people to go, 'You know what? They might not have a house to live in, but ... I can still recognize them and acknowledge them as members of my community.'"



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The Duffy scandal: Now RCMP say PM's ex-aide broke the law

That $90,000 cheque. 'My actions were lawful,' Nigel Wright says as Mounties issue explosive new findings

Prime Minister Stephen Harper's former chief of staff is facing fresh allegations he broke the law by cutting a $90,000 cheque to Sen. Mike Duffy.

But Nigel Wright is fighting back with a statement that insists he was only acting in the best interests of taxpayers and he did nothing wrong.

A new document from RCMP Cpl. Greg Horton says Nigel Wright "did, without the consent in writing of the head of the branch of government, pay a reward or confer an advantage or benefit on Mike Duffy."

Horton also says Wright and Duffy "did commit breach of trust in connection with the duties of their offices," contrary to a section of the Criminal Code.

The documents also indicate Wright told the Mounties that Harper was unaware of his decision to personally pay back Duffy's ineligible expense claims.

In a statement issued by his lawyer, Peter Mantas, Wright denies all wrongdoing. "My intention was always to secure repayment of funds owed to taxpayers," the statement reads.

"I acted within the scope of my duties and remain confident that my actions were lawful. I have no further comment at this time."

THE CANADIAN PRESS



Nigel Wright allegedly wrote: "We are good to go from the PM." SEAN KILPATRICK/THE CANADIAN PRESS

New RCMP filings

Who to believe?

Nigel Wright went to Prime Minister Stephen Harper for approval of a secret plan that would have seen the Conservative party repay Mike Duffy's expenses, new RCMP documents suggest.

But when the party balked at Duffy's $90,000 bill, Wright stepped in to pay the bill himself — apparently without Harper's knowledge.

Harper has called that a "deception."

But new RCMP court filings quote Wright as getting a green light from Harper. THE CANADIAN PRESS

New blow to Rob Ford? A class-action lawsuit



Ford has tarnished the city's brand, lawyer says. CHRIS YOUNG/THE CANADIAN PRESS

A new website has been launched to recruit claimants for a class-action lawsuit against disgraced Toronto Mayor Rob Ford.

The site claims he was negligent and acted in bad faith in his role as mayor.

"I'm sick and tired of it. Enough is enough. I can't handle it any more. I can't sit on the couch and do nothing," said Toronto lawyer Jose Rodrigues, who launched stoprob.org.

"I'm trying to gather forces and move it ahead."

To proceed to court, the claim would need to have a lead plaintiff and then be approved by a judge.

In a draft statement of claim posted on the website, Rodrigues, a fresh graduate from the University of Ottawa law school, is seeking $5.2 million in total damages — approximately a dollar for each Toronto resident in general plus a dollar each in punitive damages.

The plaintiffs will include residents of Toronto "whose reputation has been negatively impacted by the defendant's admission to smoking crack cocaine coupled with his refusal to resign."

Within 30 minutes of the launch of the website, Rodrigues said "dozens" of people signed up as potential plaintiffs to represent other Torontonians in the planned action.

Rodrigues hopes to file it next week.

TORSTAR NEWS SERVICE

High-value brand

Rodrigues, 28, articled in the federal justice department and specializes in civil litigation.

- **Value.** He says the Toronto "brand" is an essential asset of the city, worth millions of dollars. Ford's "drunken stupors" tarnish the value of the brand, he says.



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COSMIC GIFT: THE SNOW

A galactic visitor, travelling hundreds of thousands of kilometres an hour, will soon catapult around the sun and — if it lives up to all the hype and survives the journey — may give us the show of a lifetime; an early Christmas gift from the cosmos. Discovered just over a year ago, ISON has the potential to be the 'comet of the century,' lighting up the night, perhaps even visible during the day, as it streaks across the sky on its way out of our solar system.

DEAN LISK
Metro in Toronto

When it comes to outer space, and how things get from Point A to Point B in the universe, comets — with their elongated orbits — open up a world of wonder.

"Some ideas tend to return, like the comets themselves," says Dr. Sara Schechner, author of Comets, Popular Culture, and the Birth of Modern Cosmology, and curator of the Collection of Historical Scientific Instruments at Harvard University.

"We went from a period where everyone was afraid of them, to a period where they were viewed as too small to hurt us, and now we are back to, 'We better be watching out for them.'"

Schechner says some in the scientific community have suggested comets may have been responsible for both life and death, speculating they brought the building blocks of life — water and organic chemicals — to Earth and were also responsible, through collisions, for climate change and extinctions.

"When I am reading this in some of the scientific literature it resonates with some of the older beliefs," says Schechner, who adds that for thousands of years, anything not planned — like the sudden appearance of a comet — was greeted as an omen.

"People thought of comets as having a divine purpose," says Schechner. "Some thought they were divinely created and appeared in the sky when God wanted to send people a message about what they should be doing, or as a warning, or to announce a big event. And it could be a good event, but mostly they were terrible things, like a plague, the death of your king, war, revolution."

Others thought comets were the result of elements excreted from the earth that caught fire in the sky and caused terrible things to happen, such as a bad harvest or disease. "If you breathed in anything from them, you could come down with the plague. They caused revolution because they were hot and dry and kindled anger in people.

"People at the time didn't think of them as some kind of dirty snowball hurling around."

So what is a comet? Basically, they are big, dirty snowballs. That is what scientific enlightenment, starting with Isaac Newton, Edmund Halley and others, has taught us. Its birth takes place in the Oort cloud, a hypothesized area roughly a light-year from our sun, says Robyn Foret, an amateur astronomer with the Royal Astronomical Society of Canada.

The cloud may seem far away, but it is close enough on a galactic scale that gravitational forces from our sun — and even other stars — have an impact, forcing dust, water and gases to clump together to form a nucleus, Foret says. Eventually, gravity may also send it falling toward our sun — like Comet ISON, which is about to journey behind our biggest star.

"So, if you can imagine this clump of water, ice and different gases and dust falling towards the sun, as it gets closer to it, it starts to warm up a bit," he says, adding the lighter gases will escape from the nucleus, and form a coma — a fizzy glow — around the object. As the comet travels closer to the sun, it heats up even more. The ice begins to evaporate and a tail will start to form as more gases and dust escape.

Schechner says it was Newton and Halley who really showed comets were part of our solar system and not supernatural at all. Still, they didn't leave all the old superstitions behind.

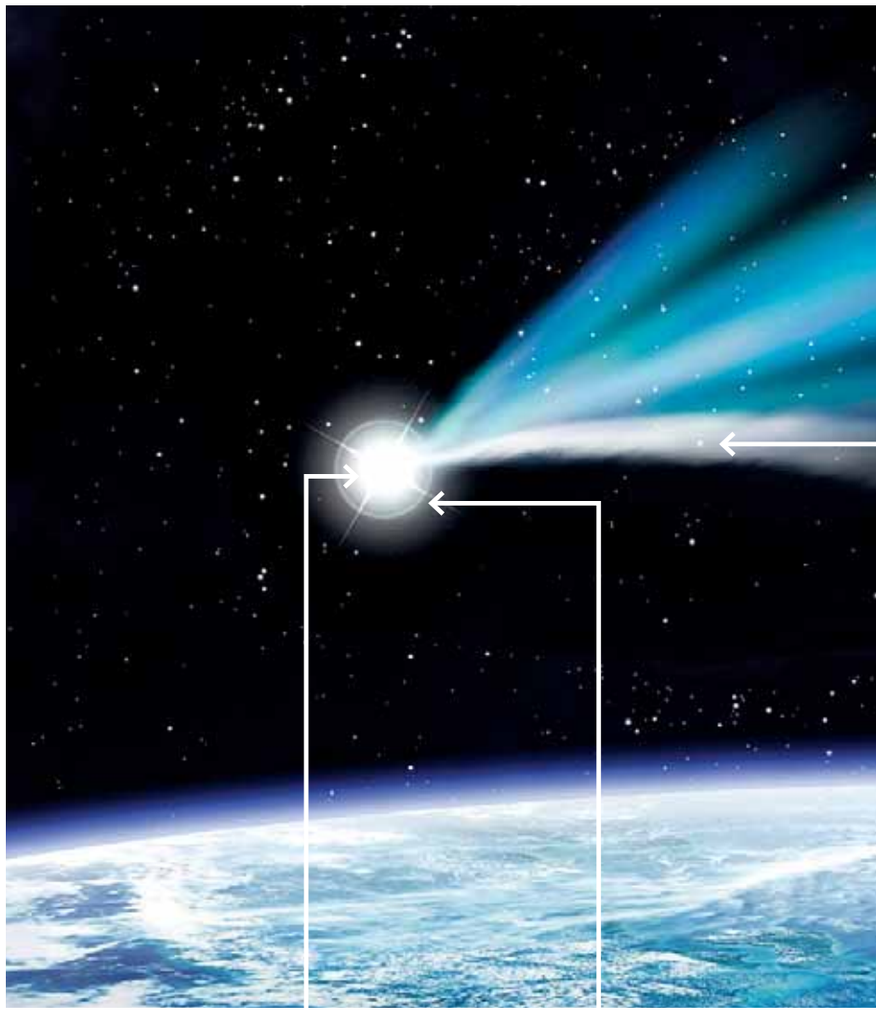
"They were too good to get rid of," she says. "Newton says, 'Well, when a comet passes, its tail replenishes this vital spirit necessary for respiration and life on Earth. And, comets are dropping off supplies of water, without which the Earth would just dry up."

Schechner says Newton and Halley also speculated comets could cause the end of the world in various ways and were responsible for earlier upheavals — something modern scientists also examine.

"They aren't thinking of it in terms of omens, they are thinking of it in terms of physics," she says. "But they don't think it's some preordained plan."

Name that comet

ISON is named after the Russian-based organization that discovered it: The International Scientific Optical Network.



Not sure what you are looking at? Robyn Foret, an amateur astronomer and chair of the education and public outreach committee of the Royal Astronomical Society of Canada, breaks down the anatomy of a comet.

Nucleus

The dirty snowball, the nucleus is made up of dust, ice and gases. "The nucleus can be anywhere from three to 30 kilometres. Someone coined the phrase that it's a 'city-sized object,' and I like that, because cities come in different sizes. You can relate to the size of a city," says Foret.

Coma

The coma, formed by the loss of gas and dust, appears around the nucleus as it nears the sun. It can be tens of thousands of kilometres in size. "In the early days, ISON was losing 60,000 pounds of dust every minute," says Foret.

Timeline

Comet culture

The history of comets makes for some interesting reading, with beauty, tragedy and intrigue. Here are some highlights from popular culture, including some of author Sara Schechner's celestial favourites.

28 million years B.C.

Diamonds. Scientists recently announced they believe they discovered evidence a comet crashed into the Sahara Desert in an area bordered by Egypt and Libya roughly 28 million years ago. The proof, they reported, was a black pebble that contained small diamonds created by the impact.

43 B.C.

Caesar. A comet was seen after the killing of Julius Caesar. "His adopted son, Augustus, who succeeded him, exploited it, saying it was a sign of Julius's soul taken up into heaven," Schechner says.



1066

Omen. The Bayeux Tapestry, which commemorates the Norman conquest of England, includes a depiction of Halley's Comet. People are seen warning King Harold the comet is a bad omen. Below the comet is a depiction of a fleet setting sail to invade England.

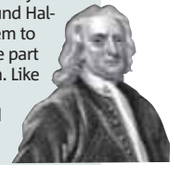


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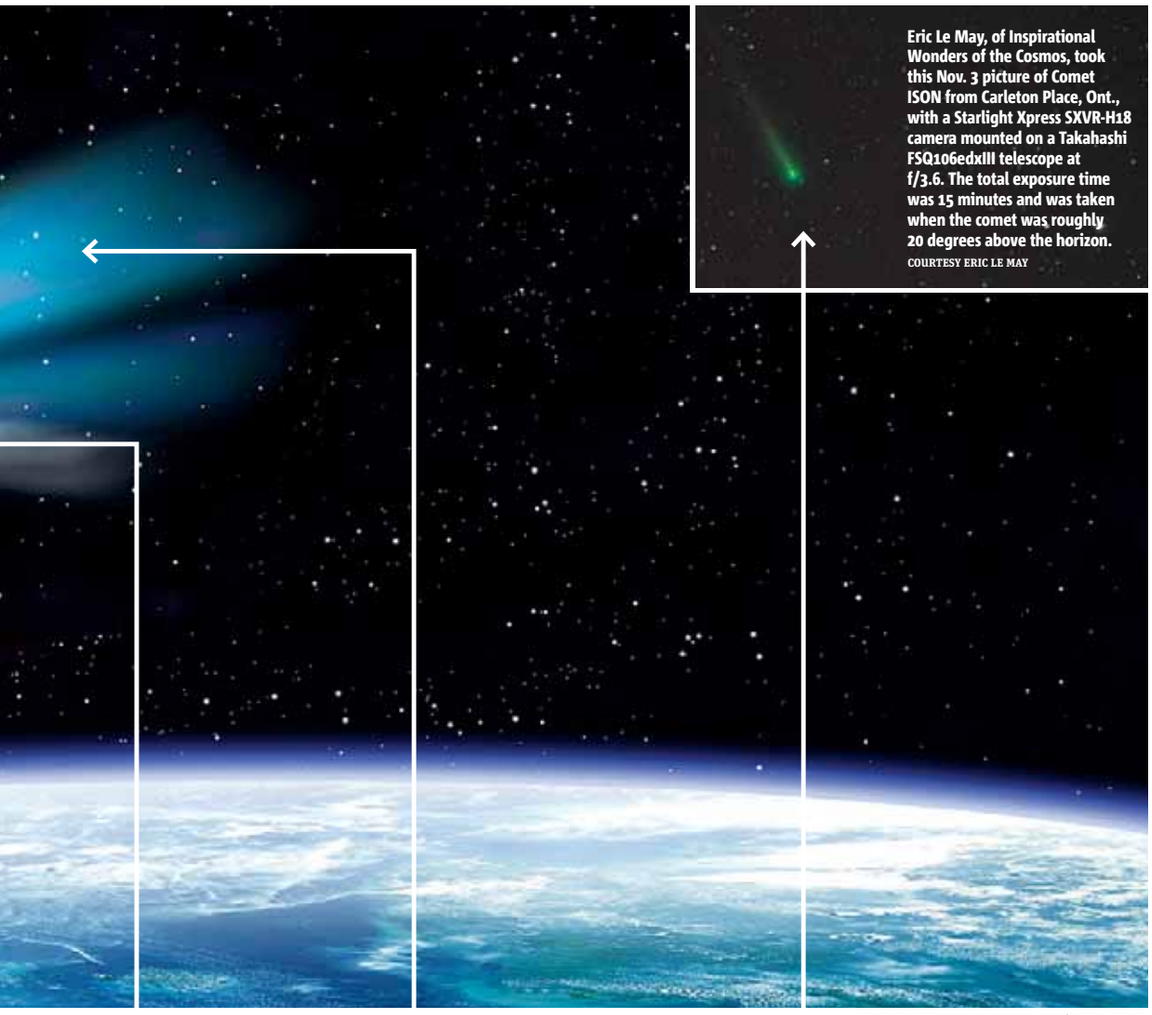
Brahe. A bright comet, seen across Europe, was observed by a number of enlightened minds, including Danish astronomer Tycho Brahe. His observations showed theories about the order of planets, moons and objects in our solar system were wrong and had to be rethought.

1680

Sungrazer. Called a Great Comet (there have been a few) and seen in daylight, this comet was seen by Isaac Newton and Edmund Halley and helped them to prove comets were part of the solar system. Like ISON, it was also a sungrazer and had a very long tail.



BALL COMETH



Eric Le May, of Inspirational Wonders of the Cosmos, took this Nov. 3 picture of Comet ISON from Carleton Place, Ont., with a Starlight Xpress SXVR-H18 camera mounted on a Takahashi FSQ106edxIII telescope at f/3.6. The total exposure time was 15 minutes and was taken when the comet was roughly 20 degrees above the horizon.
COURTESY ERIC LE MAY

PHOTO ILLUSTRATION: DAVID VAN DYKE/METRO; ISTOCK

Ion tail

Formed of lighter gases, dust and evaporating ice, the ion tail is pushed away from the nucleus by the sun's solar winds. "Regardless of the path of the comet, that gas tail will always be directly opposite the sun," says Foret, who adds the tail can be millions of kilometres long.

Dust tail

Heavier dust particles left behind by the comet will create the dust tail, which will follow the orbit of the comet. "It is like you are driving down a dirt road and there is a cloud of dust that settles behind you," says Foret. If the Earth's orbit passes through this tail, the result is a meteor shower.

Feeling the heat

ISON will pass closest to the sun on Thursday, Nov. 28.

ISON is set to pass about 1.8 million km away.

- **This is called the perihelion.** Foret says the sun is about 1.4 million kilometres in diameter and



- **One time only.** While some comets return after a short number of years, others, like ISON, will be flung out of our solar system.

ISON

The 'comet of the century'

ISON has caused a lot of interest in the astronomical community since it was discovered in September of last year. When it was first discovered some 700 million kilometres away, it appeared brighter than most comets do at that distance from the sun. This had astronomers theorizing it may become one of the brightest objects in the sky when it passes, and might even be visible in daylight.

"It might be the greatest object I will have seen in my lifetime up to now," says Gary Boyle, an amateur astronomer based near Ottawa. "The hype really has been strong in the astronomical community and is based on the idea of a naked-eye comet seen during the day that could be brighter than the full moon. But, with more observation, it may not be that bright — as in being able to be seen during the day — but it will be a fantastic comet."

How to see it



1 Telescope: You will be able to see the head of the comet, the nucleus — the brighter part in the middle — and only a portion of the tail.



2 Binoculars: You will see less detail than with a telescope, but because it will magnify the comet less, you will get a wider view, and see more of the tail.



3 Naked eye: As the comet gets closer, and depending on its brightness, you will be able to see it without any help. Unlike a solar eclipse, this is one celestial show you can watch.

WARNING: Do not look at ISON with binoculars or a telescope when it is in close proximity to the Sun, as an accidental glimpse of the sun through either will cause permanent eye damage.

Where to see it

- **Look east in the morning and ISON can be seen very briefly low in the sky.** It will soon pass below the horizon and out of view as it makes its journey behind the sun.
- **If it survives its trip around the sun, ISON will reappear in the eastern sky starting around the early morning of Dec. 9 or 10.** As the month progresses it will be visible in the western sky at night. It will come closest to Earth — roughly 85 million kilometres away — around Dec. 26.



- **Need some help?** Longpaw has created Comet ISON 2013, an iTunes and iPad app featuring a countdown clock, videos, data and charts. Distant Suns has created Comet Watch, where you can use your Apple device to help locate the comet in the sky. ISON C/2012 S1 Finder is an Android app that will also point out the comet in the sky.

1682

Halley's Comet. This was the year that Halley identified the short-period comet that bears his name, and also worked out that the comet would be visible from Earth every 75 to 76 years. The comet last passed in 1986 and is expected to return in 2061.

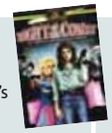
1744

Multi-tail-ented. A comet with six — yes, count them, six — tails was seen in the sky. "I would have loved to have seen that," says Schechner. The comet was observed in Europe and also in New England.

1843

Millerites. "The Millerites, a religious sect in New England, believed the end of the world was going to be predicted by a meteor storm and that a big comet would come.... And, wouldn't you know it, a big comet did come," says Schechner. "They prepared for the second coming, but obviously that didn't happen."

Mid 1980s



Films. Halley's Comet's visit in 1986 was heralded with two disaster-predicting films. Lifeforce (1985) featured a vampire-carrying space ship in the comet's coma, while Night of the Comet (1984) found the world's population wiped out by a comet; with the exception of, like, two Valley Girls.

1994

Drops on Jupiter. In a spectacular scene, Comet Shoemaker-Levy 9 broke apart and crashed into Jupiter. This was the first time a comet collision was observed by scientists as it happened, and offered an unprecedented opportunity to collect data.



1997

Hale-Bopp. "Probably the most beautiful (comet) I have seen in my life is Hale-Bopp," says Schechner. "It was very beautiful, very nice." The comet also gained notoriety because members of the Heaven's Gate cult committed suicide as it passed, believing they would reach a UFO travelling in the comet's tail.

New bill to prevent the sending of 'intimate images' without consent

Cyberbullying casualties. Canadians have been touched by suicides of Todd Loik in Saskatchewan and Rehtaeh Parsons in Nova Scotia

The Conservative government has introduced a wide-ranging bill designed to make it illegal to distribute "intimate images" without consent and easier to get such images scrubbed off the Internet.

The proposed law includes tentacles that touch on everything from terrorism and organized crime to stealing cable TV — measures Justice Minister Peter MacKay said are necessary due to the digital nature of the crimes.

"This is the type of crime that really knows no borders," MacKay said Wednesday as he and Public Safety Minister Steven Blaney announced the legislation.

"Once (an image is) on the Internet, once it's been uploaded, it has the ability to go viral. We need to also empower the police to have the tools to track and preserve and present information (to the courts)."

If passed, the legislation would also give courts the power to seize computers, cellphones and other devices used in the offence, and to help victims recoup part of the cost of removing the images from the Internet.

It would also compel the spouse of an accused person to testify against the accused in court.



Several hundred people attend a community vigil to remember Rehtaeh Parsons at Halifax's Victoria Park in April. Parsons ended her own life following months of bullying after she was allegedly sexually assaulted by four boys and a photo of the incident was distributed. ANDREW VAUGHAN/THE CANADIAN PRESS

The legislation defines an "intimate image" as one that "depicts a person engaged in explicit sexual activity or that depicts a sexual organ, anal region or breast."

The government bills the legislation as part of its commitment to help put an end to the kind of online exploitation and harassment that has led a number of Canadian youth to take their own lives in recent years.

THE CANADIAN PRESS

Rationale

The bill is here to help: MacKay

Justice Minister Peter MacKay said it's clear that cyberbullying and online harassment can destroy lives, and that the government has an obligation to make the penalties and consequences more serious for perpetrators. The bill closes a "gap" in the Criminal Code and modernizes the law to take into account the prolific distribution of images and words over the Internet, and the resulting impact on young people, he said. THE CANADIAN PRESS

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Don we now our ugly apparel, fa la la la

Deck Canadians with hideous sweaters. 'Tis the season to be jolly, while wearing a garish, intentionally awful top



STEPHANIE DUBOIS
Metro in Edmonton

Coloured lights, pompoms and sequins can be found all in one place this year: On an ugly Christmas sweater.

Holiday Rejects Apparel has what they consider the tackiest sweaters in Edmonton.

"Some people like outrageous, and there's some people who like a little more wintry, but for the most part I have been noticing a lot of people like the big knits," said co-owner Adil Hooda, adding one of the ugliest sweaters in the booth is a red knit with furry green circles made to look like a Christmas tree.

Rise of the holiday hipster

"It's always a fun time selling people an ugly Christmas sweater."

Adil Hooda, co-owner of Holiday Rejects Apparel

What began as an online store last year grew to become retail stores in Edmonton and Calgary this season, after Holiday Rejects Apparel realized people wanted to try on the tacky sweaters before buying.



Holiday Rejects Apparel co-owner Adil Hooda, left, and manager Jack Hsu model the tacky knitwear they are selling this season. STEPHANIE DUBOIS/METRO IN EDMONTON

iKeg. How much beer is left in that keg? Now there's an app for that

Beer servers can find out in real time how many pints of their customers' favourite brews are left with the help of an app on their smartphones or tablets.

Steve Hershberger, CEO of SteadyServ Technologies, says he wants to eliminate the guesswork of how much beer is left in kegs to help bars and restaurants keep track of their inventory with his iKeg system, which has a sensor and an app.

"How much beer is left in a keg due to guessing and shaking?" asks Hershberger, who's based in Carmel, Ind., and is courting beer distributors, breweries, bars and restaurants.

"You can't see inside the keg. It's this heavy and unwieldy thing."

Hershberger estimates there are about 20 pints of beer left unsold in each keg, wasting thousands of litres of beer. THE CANADIAN PRESS



A new app aims to help bar staff know when beer is running low. DAVE MARTIN/THE CANADIAN PRESS/THE ASSOCIATED PRESS

Random biz fact of the day

50%

Nearly half of employers surveyed bring up salary during initial conversations during the first job interview.

CAREERBUILDER



GETTY IMAGES

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Douglas Coupland

Douglas Coupland's latest novel, Worst. Person. Ever., is available from Random House Canada.

Day 14

metronews.ca/temp

Family planning

Workers feeling those baby blues

Having children is a big commitment that costs both time and money.

Temporary workers who can't earn a stable income and have no set work schedule often delay starting a family, according to United Way Toronto and McMaster University's "It's More than Poverty: Employment Precarity and Household Well-being" report.

The study also found that those in temporary employment are less likely to have children living at home compared to permanent workers.

Among those aged 24 to 53, 34 per cent of permanent workers have children living at home, compared to 20 per cent for temporary workers.

PHOEBE HO/FOR METRO



GETTY IMAGES

Temp Makes Lemonade from Lemons



OK, the nice thing about being a temp is that if you screw up, you leave, but you were going to leave anyway, so it's no big deal. I suppose this is true for anybody with a job, but for temps it's just more out in the open.

After almost no sleep I arrived at work only to find gossip and fear-mongering. The worst gossip was that Danimal was in a coma, when, in fact, he was in a $20,000-a-day hotel with a slightly collapsed left lung and an unhelpful feeling-sorry-for-himself attitude. Sarah No. 1 walked up to me at my desk and said, "I guess we were all behaving badly yesterday."

I was incensed: "I was doing no such thing! I was there just to listen to Dan vent about the warehouse fire! You're the one who got a room."

Sarah winked at me. "Have it your way. Here's a pile of files that need alphabetizing."

Ugh. I decided my day desperately needed some cheer, so I phoned my sister's friend who breeds golden labs. We had a quick chat, and just before lunchtime, she arrived with two blue plastic storage tubs filled with puppies. I ushered her into the admin area. In a loud crisp voice I shouted, "Oh no! There's been an explosion!"

Everyone looked stunned ...

"That's right — an explosion of cute! Hilda, release the hounds!"

Ahhh ... the puppy bomb — is there any greater experience in life? Eighteen chubby bundles of YouTubeable romping joy demanding nothing except unconditional love — and snacks. Everybody got down on the floor, and it took only a minute for people to learn that the person with the most food is the one who gets the most puppy, so in came the lunch bags. I was proud to have brought even the smallest dab of joy to the otherwise dreary lives of the soon-to-be-fired full-time staff. Yes, I was proud of myself for firmly turning the day around.

Ahhh ... the puppy bomb ... Eighteen chubby bundles of YouTubeable romping joy demanding nothing except unconditional love — and snacks.

The icing on the cake? Outside the building there was a Zombie Walk with about 200 kids dressed in their finest living dead, headed to a political protest starting outside AmQex next door.

And that's when two things happened: A massive bus, like Bon Jovi on tour, pulled into the parking lot and 50 Chinese people emerged holding measuring tapes, string and clip boards. Then half a minute later about 20 cops arrived to shut down the AmQex protest. "They make engine parts for drones," whispered Sarah.

The Chinese delegate's leader said, "I am most curious to see how protesters are handled in your country."

TO BE CONTINUED ...

Random fact of the day

- There is a new English word created every 98 minutes — or about 14.7 words per day.



SOURCE: OMG-FACTS.COM

Random biz fact of the day

70%

Anything to get the gig — 70 per cent of college students would lie on a resumé to get a job they wanted.

SOURCE: NEXCAREER

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IT'S ABOUT PARTIES, NOT POLITICAL ONES



HE SAYS

John Mazerolle
metronews.ca

Are you sick of talking about Canadian politics? Then let's discuss drinking, gossip and the need for appearances. It'll be a nice change of pace.

Specifically, let's talk about Christmas office parties. Because unlike politicians, Christmas never wears out its welcome. That's why Starbucks' Christmas decorations were rolled out this year just in time for the summer solstice. It's also why holiday events stretch on for weeks of gingerbread-and-icing-laced excess, like an anti-Lent.

I, for instance, have three different work-related Christmas parties coming up. And hooray, because what better way to throw off the shackles of work than to get together with a bunch of people you work with and discuss work? You can just feel yourself unwind.

Admittedly, footloose behaviour can often be the most memorable element of a Christmas office party. My strongest memory from the first one I went to was Barb the secretary. Barb was the sort of secretary who had an eyeglasses chain, patterned flower dresses, and enough years behind her that she found nothing offensive about the words "Barb" or "secretary."

She was usually very staid, but at this party — well, you think Wrecking Ball was shocking. Some people say things like the Berlin Wall or Paul Henderson are the defining memories of their youth. I have Barb dancing on her chair with a rum and Coke in each hand.

Barb's brand of behaviour is why so many etiquette columns advise you to attend a party full of food, drink and friends and then nibble, sip and mumble your way through the night, because, "you're being watched by your superiors at all times." What fun!

Well, I say deck that advice right in the halls. If I'm going to attend three of these things this year, then I'm going to Be Like Barb, even as I remain a gracious guest.

Here are a few office party etiquette tips I've come up with that will allow you to embrace the Christmas spirit(s).

- Most experts advise you shouldn't have more than two alcoholic drinks with office buddies, so bring an enormous canister to drink from.
- Kissing a co-worker is always a grey area so remember that mistletoe provides full diplomatic immunity, as is written in the Geneva Convention.
- If The Christmas Shoes, Simply Having a Wonderful Christmas Time or Jingle Bell Rock come over any sound system, you will be within your rights to end the party and burn the building to the ground. Dignity demands it.
- Show superiors your work ethic, even in a casual setting, by working extra hard in the rumour mill.
- Remember that if you get blackout drunk, you shouldn't worry about what happened because everyone will record it on their cellphones anyway.
- Perhaps most importantly, don't overstay your welcome, especially if your hosts are hinting strongly that it's time to go.

Which would normally bring us back to Canadian politics, but I'm sick of talking about it, so let's move on. It's in the past and what's done and done. Besides, if politicians' ifs and buts were candy and nuts, every day would be Christmas.

ZOOM

No word from PM as activists charged



GRAHAM HUGHES/THE CANADIAN PRESS

Quebec protesters demand action

A Greenpeace activist protests on top of the Biosphere in Montreal, Wednesday, calling for the release of his colleagues who are being held in Russia on various charges including piracy.

THE CANADIAN PRESS

Harper?

- A Greenpeace spokesman says the group is surprised by the silence of the Harper government, which it says still has not publicly intervened to denounce the attitude of the Russian government in the arrests.

One Canadian still in Russian prison

The three Greenpeace protesters who scaled Montreal's Biosphere structure Wednesday will face criminal charges.

They came down on their own and surrendered to police after several hours perched from the federally owned dome.

Two Canadians were among the 28 Greenpeace activists arrested by Russian authorities during a protest at a Gazprom oil-drilling platform in the Arctic Circle in October.

One of the two Canadians — Alexandre Paul — remains behind bars while Paul Ruzycki was granted bail earlier this week. THE CANADIAN PRESS

Clickbait



ANDREW FIFIELD
andrew.fifield@metronews.ca

Bob Dylan's camp finally got around to releasing an official video for Like a Rolling Stone. Gathering no moss, the ultra-modern clip for the 1965 song is a wacky interactive experience of channel surfing through celebrities and humble folk alike. See it for yourself at video.bobdylan.com, and, check out these others, too.



Bob Dylan GETTY IMAGES

Arcade Fire – Reflektor:
The sartorially demanding band are old hands at the interactive video game, debuting the trick with a childhood-mining experience for We Used To Wait (thewildernessdowntown.com) in 2010. Reflektor provides a similarly personal stamp, this time allowing you to use a phone or tablet to become a passenger on a woman's adventures in Haiti. (justareflektor.com)

Death By Chocolate – Tell Me What You See:
A conundrum. How to make a largely forgettable modern rock song stand out from the crowd? The answer is deceptively simple, of course. Allow mouse-wielding sadists to conduct high-concept torture (i.e. an aggressive bath from a milk balloon or a flounder to the face) on a helpless man. All in slow motion. (tellmewhatyousee.ch)

The Interactive Saved By The Bell Game:
A very funny 16-bit-style slice of choose your own adventure fan fiction. Find out what it's like to be Zack Morris, enduring the pressure of your high school's entire social structure revolving around you for some reason. (youtube.com/thefinebros)

Twitter

@metropicks asked: Traffic circles are picking up momentum in Canada because they're safe and good for the environment. What's your take?

@21stCenturyLeft: They have to be done right if they're going to be implemented. Size matters with traffic circles.

@monahb: we have (two) nearby and they are just great. Took a while for some drivers to figure them out.

@Breezy_Liz: try driving in the #UK come back and sigh #OhCanada! Our roads are fabulous! #crossroads

@DerickONeill: we have them in Ireland they are an absolute nightmare. Some have lights right beside them so cars get backed up on

@bzalu: they are joke (a) in Winnipeg, intersections are not large enough to accommodate .

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: halifaxletters@metronews.ca

metro

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SCENE 2

Smiles are free, belly laughs cost extra

Faulty Towers. A dining experience that is set to insult, annoy, and entertain the Halifax crowd



BACKSTAGE PASS
Jenna Conter
halifax@metronews.ca



Alison Pollard-Mansergh as Sybil during a performance. CONTRIBUTED

I was under the age of 10 when I had my first dinner-theatre experience while on a Florida vacation with family.

It incorporated all the many splendors befitting an age bracket that is easily entertained: eating giant chicken legs with your hands, yelling and cheering, and horsies.

Today, a Floridian-vacation past-time nestled in my memory bank is used as a story from "remember when" categories usually ending in embarrassment through photographic evidence.

When I heard a dining experience more reflective of my current, more cultured level of humour was making its way to Halifax, — called Faulty Towers — I needed to check it out.

The sitcom Fawlty Towers (spelled a little differently than the dinner-theatre version) was the creative brainchild of famed British comedian John Cleese and his then-wife Connie Booth, inspired by a May 1971 stay at a hotel in a small English town.

Long story short, Cleese describes the owner as "the rudest man I've ever come across in my life."

Take one creative mind, mix in parts rude hotel owner and you have a very successful show that has now been turned into Faulty Towers The Dining Experience. "We created an experience. When you watch Fawlty Towers — a perfectly written comedy — the things that go wrong are so infuriating to you but you really get invested in it as a comedy," said Alison Pollard-Mansergh, an Australian actress playing in the Faulty Towers The Dining Experience at the Delta Halifax.

"It's not like the other dinner shows where you are put into a situation that is not realistic. This is realistic. You are actually in a restaurant and served by these characters and you forget you're in a theatre performance."

With performances Thursday through Saturday, Mansergh, who plays pushy wife, Sybil, says even for non-Fawlty Towers fans, this event is one to experience.

"The experience that you have is more than a murder mystery. People just love the slapstick comedy. They love the confusion and they love being abused," she said. "A lot of people secretly would love to be able to do what Basil (the owner) does but can't because they are too polite."

Quoted

"We play with people as far as they are wishing to be played with because there are so many offers we get throughout the night. Frankly, the Canadians are more than up for it."

Faulty Towers performer Alison Pollard-Mansergh on pushing the limits

Go to the show

What. Faulty Towers The Dining Experience
When. Thursday, Friday, 7:30 p.m., Saturday, 2 and 7:30 p.m.
Where: Delta Halifax, eighth floor
Tickets. $89 (include three-course meal and two-hour interactive show). Phone 1-866-850-ARTS



METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

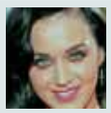
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@WhitneyCummings
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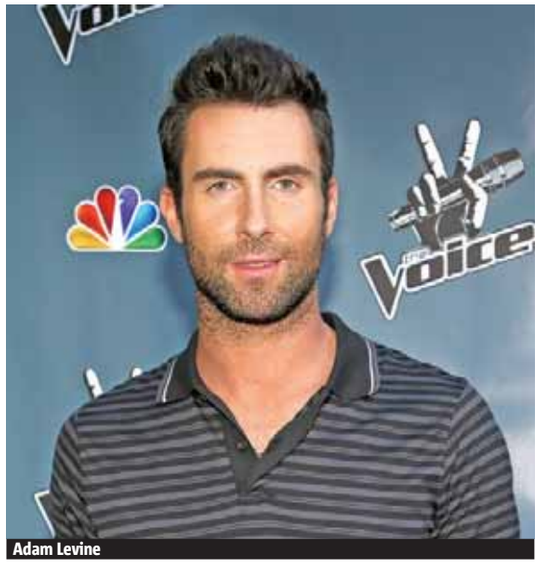
@katyperry
Yes, unconditional love sometimes feels like being hit by a car... Or being on fire... How does it feel to you?



Kelly Clarkson

Santa came through for mom-to-be Kelly

Kelly Clarkson wasn't joking when she said she was planning to get started on that family as soon as possible after marrying Brandon Blackstock last month. The singer took to Twitter this week with some very big news: "I'm pregnant! Brandon and I are so excited! Best early Christmas present ever," she wrote. As recently as Oct. 30, during a radio interview, Clarkson was hinting about her holiday wish list. "Everybody keeps saying, 'What do you want for Christmas?' she said. "And I'm like, 'I want to be pregnant.'"



Adam Levine

Yes Adam it's true, you're this year's Sexiest Man

Look upon him and weep, all ye lesser men, for People has named Adam Levine 2013's Sexiest Man Alive. Channing Tatum, 2012's Sexiest Man Alive, is like dirt to us now.

The Maroon 5 singer has had plenty of chances to drum up votes in his campaign for the office: He's kind of been everywhere this year. He's a judge on The Voice, he's shooting a movie with Keira Knightley called Can a Song Save Your Life? (is it a Maroon 5 song?) and he has a clothing line at Kmart. Serious question: Is it possible to shop at Kmart and buy a piece of clothing not designed by a celebrity? Every single one of them seems to have one.

"As a musician, you have fantasies that you want to win Grammys, but I didn't really think that this was on the table," the singer told People. "I was just amazed and stunned and it almost seemed like they were kidding, but they weren't, so that's cool."

They could still be kidding! Maybe it's a long con. Adam comes in for his cover shoot and just as the shutter snaps, People dumps a bucket of pig's blood over his head. Run, Adam! It's a trap! They're all going to laugh at you! Don't use your telekinetic powers, People magazine's not worth it! **MELINDA TAUB**
MWN IN NYC



Angelina Jolie. ALL IMAGES GETTY

Don't wine about a thing Angie, your life is perfect

Angelina Jolie is having a pretty good week, accolade-wise. The actress and director, who picked up an honorary Oscar at the Governor's Awards earlier this week, also has a hit wine on her hands. Wine Spectator has named the Jolie-Pitt & Perrin Cotes de Provence Rose Miraval the best rosé wine in the world. The wine is "refined and elegant, offering pure and concentrated flavours of dried red berry, tangerine and melon," managing editor Kim Marcus writes. "The focused finish features flint and spice notes, with a hint of cream." A bottle retails for $28, for those looking to share in the celebration.



Adam Brody

Brody blindsides his girl with abrupt proposal

Former The O.C. star Adam Brody knows how to catch a girl off-guard. He reportedly blindsided girlfriend and former Gossip Girl star Leighton Meester with a marriage proposal, according to Star magazine. "Leighton and Adam are crazy about each other and have talked about getting married eventually," a source explains. "But she had no idea he would propose so soon. It was the surprise of her life and she's ecstatic. Right now their plan is to get married next summer. They are still deciding on (where to do it.)"

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A merry makeover to everyone

At lash, my blush has come along. Dolce & Gabbana's makeup guru is all about bold as the weather gets cold

TINA CHADHA
Metro World News

Put your favourite orange lipstick away already: Dolce & Gabbana national makeup artist Christian McCulloch says that fall/winter is all about the richer tones, like fuchsia and burgundy.

To style the new bold pout, go easy on the eyes, he says.

"It's fresher without a heavy eye," says McCulloch. "A pale shadow, like a gold or champagne, is really pretty and easy, because it doesn't require precision. Just something shimmery across your eyelid with great lashes."



Christian McCulloch
CONTRIBUTED

But what's the makeup artist — who gets Scarlett Johansson and Michelle Williams red-carpet ready — really loving?

"My big thing at the moment is lashes and lips," says McCulloch. "Really amazing lashes, maybe with a winged eyeliner." He shows us how to create the look.

Create a cat-eye

"It's tricky," admits McCulloch. He suggests sketching out your line softly first with a pencil. "This is to see the angle, and to see how it looks with your eye open before you go in with a liquid applicator," he says. "If you paint a flick on an eye when it's closed, it can look a bit too horizontal when you open your eye. Look in the mirror and see where you want that flick, and then create a tiny dot with a pencil and paint from that dot down toward the corner of your lashes. I also take the pencil and run it along the inner rim of the eye, top and bottom. That'll create that (feline) Sophia Loren, Audrey Hepburn look."

Thick or thin?

"I like a thicker cat eye," says the artist. "Thick is cool; it makes it strong. It doesn't have to be Amy Winehouse-level, but that Kate Moss-y thing is nice."

Now for the cheeks

"I'm not one for heavy-duty cheek colour," says McCulloch. "But I do love to bring in bronzer to the cheek through winter. In winter, you want a little colour in your face too! Dolce & Gabbana has a bronzing colour called Desert, which I use for contouring. The two blush colours I use most are an apricot and a pale pink to create a soft flush on the cheek."

Party-ready

"I always like sparkle. Shimmery and metallic eye shadows are fun. Also, liquid liner is a great party look. I think a liner along the lash line and winged out is beautiful."

His must-haves

- **Dolce & Gabbana Passion Duo lipstick in Feminine.** "It's a pinky-brown with a little bit of shimmer in it." $35, saksfifthavenue.com



- **A good lip balm.** "Nuxe has a lovely, waxy honey lip balm, which is great conditioning for the winter." Nuxe Reve de Miel lip balm, $19, amazon.com





- **Dolce & Gabbana Passion Eyes mascara.** "The new mascara actually has a curling quality. We've all been quite shocked that it actually lifts and curls the lashes without having to use an eyelash curler prior." $32, sephora.com

Model call: Kloss is now in session



Vogue Paris named Karlie Kloss one of the top 30 models of the 2000s.
GETTY IMAGES

Over the buzz of the blow dryer, we caught up with supermodel Karlie Kloss behind-the-scenes of the Victoria's Secret Fashion Show. The newly 21-year-old Angel lets us in on her chopped locks and face favourites.

You debuted a drastic haircut last year. Are you planning on growing it out?

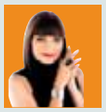
I am loving the short hair. That's the thing about a great cut — you don't have to style it. I find my short hair to be so much easier in the morning. And it's different for me. I've never done this before. Last year at this time was when I first cut it and shocked everyone. I've gotten used to it now and I really love it.

Any beauty tips or products you're loving?

There's this line that Victoria's Secret has called So Sexy that smells so good. There's something about the shampoo and the conditioner. When you're with a boy, it's always nice to have your hair smell good! It's better than perfume. I also love when I'm going out for a night and wearing a short dress, to put a little bit of olive oil on my hands, and put it onto my legs. I just rub it on my skin for a nice sheen. It looks really good and it photographs really nicely.



Twitter



JEANNE SPACE
Jeanne Beker
life@metronews.ca

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Chic afternoon on Chabanel! Working in #Montreal with @DerubTania on @EDITbyJeanneB FW2014



With my hunky firefighter #heroes who helped raise lots of money @HRRH_Foundation benefit tonite #onfire #call911

Canadian street style

Spotted in: Toronto



Name: Wendy

Dog: Artemis

Age: 26

Occupation: Social media manager

What she's wearing
Wren dress, J.Crew trench, G.H. Bass shoes, Stolen Riches laces, Hue tights, and Billykirk bag.

Her inspiration
"Kate Lanphear inspires me. Generally, I like to be understated and simple, but in the rare occasion, like this dress, I really love to wear crazy/wild patterns and textiles."

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Trends Report



Tired of the same old long hair styles? Have you considered rocking a pixie cut, like Hunger Games star Jennifer Lawrence? You may be nervous to take the bold snip but don't be! Go online to Trends Report to see how one woman transformed her long locks into a fierce pixie cut.

Follow Irene on twitter @MetroIreneK or on Instagram: kuanirene

metronews.ca/voices/trends-report





A NEW INDUSTRY STANDARD

Fine Touch Dental Atlantic Management Inc. represents a new way of doing business in the industry, says company president and CEO Debbie LeValliant.

The seven-year-old Halifax-based company manages successful dental clinics across Halifax, Dartmouth and western Nova Scotia.

"We focus on the business end of the practice so that our excellent dentists, hygienists and dental assistants can focus on patients," she says.

In addition to running the day-to-day business operations of dental clinics, Fine Touch also helps established dental businesses deal with complex issues like mergers and transitions.

"The dental industry has been consolidating for the past several years, and to strengthen Fine Touch Atlantic for its next wave of growth we are also consolidating internally," LeValliant says. "Bigger clinics can offer more services, technology, convenience and clinician variety. We look to create 'super clinics' wherever possible."

The company's latest merger is the new Robie Street Dental Centre, a union between Fenwick Dental Centre and Robie Street Dental Centre.

Recently, Fine Touch also merged Quinpool Dental Centre with Gladstone Dental Centre. That super clinic was extensively renovated in 2011 and now hosts four dentists — Dr. Chris Uhlman, Dr. Nazir Fatima, Dr. ChynnaRae McLean and Dr. Carol Simpson — in a 2,800-square-foot facility.

Fine Touch also works with Parkland Dental Centre, which boasts a 3,000-square-foot facility housing three doctors — Dr Ali Rabahi, Dr. Gary Clarke and Dr. David Quigley.



Dr. Atima Kamra and Cindy Forward.

CONTRIBUTED

THE FINE TOUCH FAMILY

Joining the Fine Touch family of dental clinics was a smart business decision for Dr. Atima Kamra.

It meant she could leave the running of day-to-day operations of her dental practice in the hands of experts, allowing her to focus on what she does best — patient care.

"We dentists usually aren't very good business people," she says. "We know how to look after our patients, but when it comes to running a business it can be a challenge. That's what attracted me to Fine Touch Dental. Debbie LeValliant is a businessperson with a long successful track record. Because she and her company are looking after the business end of things, I can concentrate on taking care of my patients. It's win-win for everyone involved."

Today, Kamra is a practising dentist at the newly reopened Robie Street Dental Centre. She is also the newest dental member of the Fine Touch team.

Kamra spent most of her practising years in the United States after graduating from the State University of New York at Buffalo as valedictorian of her class in 2003. She completed a research fellowship in the oral care department at Procter and Gamble Pharmaceuticals, a position that provided her with more than expected insight into dental products available to the consumer. Today, she passes that knowledge on to her patients.

Over the years, Kamra has successfully integrated the art, science, and relationship-building aspects of dentistry, providing a calm, comforting level of care with a high degree of knowledge of her profession.

"It's important to me to establish long-term relationships," she says.

"Relationships with my patients, with the local medical profession and with the people at Fine Touch Atlantic. By doing that I can make a real difference in the long-term health of the people I treat."

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NEW CENTRE REPRESENTS THE FUTURE

MERGING RESOURCES

The recent merger of Fenwick Dental Centre and Robie Street Dental Centre into one facility represents a new phase in the long history of those successful dental practices, says Dr. Philip Amys, one of the clinics' founders.

"The merger means that we are backed by a network of professionals through the Fine Touch Dental Altlantic system," he says. "I feel that will be a very good resource for our patients."

It also means some new faces in the facility. For Amys, who has been with Robie Dental Centre for 42 years, the revamped clinic means the opportunity of working with Dr. Atima Kamra. Kamra's clinical acumen and her ease with patients are a welcome addition to the practice.

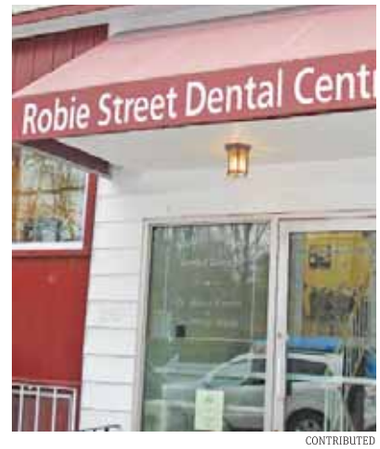
"My patients are very important to me," Amys says. "I want to make sure that Robie Street Dental evolves so that they get the best care now and in the future. Dr. Kamra will be an important part of making sure that happens."

The newly revamped Robie Street Dental is the result of Amys' vision. He approached the Fine Touch Atlantic Family of Companies to make that vision a reality.

"The goal was to expand and renovate the clinic and also to expand the clinic's services to meet the growth of the patient base," he says.

Debbie LeValliant is president and CEO of Fine Touch Dental Atlantic Management Inc. She says that merging clinics can be hard work and a challenge for both staff and patients alike, but she believes the results of the Robie Street/Fenwick merger will be positive for everyone involved.

"We feel our new facility and the additional services offered will add a lot of value for patients. We are certainly very proud of what we've accomplished."



CONTRIBUTED

FINE TOUCH CREATING AN INDUSTRY PARADIGM

Debbie LeValliant knows a lot about running a busy dental practice, even though she isn't a dentist.

The business executive has forged a long and successful career developing and managing large companies. She has spearheaded the development of a multinational operation, has served as president and CEO of the third largest electronic design house in North America, and was COO of an American medical practice management company with $120 million in annual billings. Now, LeValliant is channelling that business acumen to develop better dental clinics in Atlantic Canada.

Today, LeValliant is president and CEO of Fine Touch Dental Atlantic Management Inc., a Halifax-based company that manages a number of successful dental clinics in HRM and the Annapolis Valley.

"Each of our clinics is unique," she says. "Each of them is made unique by the clinicians who work there, but they are all focused on one-on-one patient care."

Having a group of diverse clinics under one business umbrella means that functions like training and staff orientation can be centralized at one location. A number of Fine Touch's senior clinicians work as mentors throughout the network, including Christine Ingram.

The senior hygienist's home base is at the newly reopened Robie Street Dental Centre, but Ingram works to mentor staff at other Fine Touch locations as well.

"I'm working to strengthen our periodontal programs within the Fine Touch network," she says. "Our goal is to take it to the next level, to help all of our patients increase their oral and their overall health."

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Peanut butter, cheesecake and chocolate flavours combine to make this an outstanding, decadent dessert. I keep the fat and calories down by using a combination of ricotta and light cream cheese and more cocoa powder than chocolate.

1. Preheat the oven to 350 F. Lightly coat a 9-inch springform pan with cooking spray.

2. To make the brownie layer beat together the sugar, oil, egg and vanilla in a bowl. In another bowl, stir together the flour, cocoa and baking powder. Stir the wet mixture into the dry mixture just until combined. Stir in the sour cream and chocolate chips. Pour the mixture into the pan.

3. To make the cheesecake layer combine the ricotta, sugar, cream cheese, sour cream, peanut butter, egg, flour and vanilla in a food processor. Process until smooth. Pour the mixture on top of the brownie layer.

4. Bake the cheesecake in the centre of the oven for 35 minutes. The brownie layer may rise slightly around the edges. Chill before serving. Decorate with the icing sugar (with optional chocolate sauce and toasted peanuts).

Ingredients

Brownie Layer
- 2/3 cup granulated sugar
- 1/4 cup vegetable oil
- 1 large egg
- 1 tsp vanilla extract
- 1/3 cup all-purpose flour
- 1/3 cup unsweetened cocoa powder
- 1 tsp baking powder
- 1/4 cup reduced-fat sour cream
- 1/4 cup semisweet chocolate chips

Cheesecake Layer
- 1 1/2 cups reduced-fat ricotta cheese
- 1 cup granulated sugar
- 1/2 cup softened reduced-fat cream cheese
- 1/3 cup reduced-fat sour cream
- 1/3 cup smooth natural peanut butter
- 1 large egg
- 2 tbsp all-purpose flour
- 1 1/2 tsp vanilla extract
- icing sugar for decoration



This recipe serves 12 and is 304 calories and 14 grams of fat per serving. ROSE REISMAN

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Entertaining

Why you should RSVP — ASAP



CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

As the holiday entertaining season gets underway, it's high time to have a chat about when one should respond to invitations. The rule is quite simple — you respond just as soon as you get them. Now, my dear friend Marcus — who has never planned or cooked a dinner party in his life — often says, "I don't know if I want to go, so I'll let the host know the day before or the day of."

Well, you can tell that Marcus has never entertained. You see, a host has to plan all sorts of things, starting with how many people are coming and who they are. The host must come up with a menu, go and do the grocery shopping, set the table, buy the wine and so on. As a guest, it's key for you to remember that none of this happens three hours before a party.

Depending on a host's schedule, sometimes they'll start their organizing a week ahead of time. So, knowing that, what should you do?
- If you know you're absolutely going, respond right away and say, yes, you will be there.
- If you know you're not going, respond right away and say, sorry, but you're unable to attend.
- If you aren't sure whether you can attend because your schedule isn't set — you may have to travel for business, attend your kids' playoff soccer games, etc. — then call and tell the host your situation. For example, because of my busy travel schedule I'm often unable to commit to an invitation weeks or months ahead of time. So I'll call the host and explain my circumstances, and request that they pencil me in. Then I'll ask what the latest date is by which I can let them definitely know. I put this in my calendar and make sure to give them a final answer on the day promised.

Invitation etiquette

As a guest, it's key for you to remember that none of (a host's organizing) happens three hours before a party.

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Playstation 4 — $399.99
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Xbox One — $499.99
Microsoft's next generation console promises to wow gamers of all ages. Every aspect of this next-gen console has been enhanced, including a vastly improved Kinect sensor and a newly designed controller with more than 40 new technological innovations.

Sony Xperia Z1 — $700 (no contract)
Snappy performance and stylish good looks, this is a smartphone your teen will want to show off. The rear 20.7-megapixel camera will help them capture moments with friends, while the waterproof and dust-resistant body will hold up to most teens.



Samsung Galaxy S4 Mini — $449.99 (no contract)
Compact and yet powerful. This smaller version of Samsung's popular Galaxy S4 has many of the same features but now in a smaller form. A solid plastic build ensures durability, while the eight-megapixel camera is perfect for snapping selfies and Facebook pics.



Mophie Juice Pack Helium — $79.95
Your teen will never be able to use the excuse "my phone's battery died" again once you buy them this case for their iPhone. This case contains an external battery providing up to an additional 80 per cent battery life, yet it's thin and light. Available in multiple colours.



Sonos Play:1 — $219
If your teen loves music then look no further. Once they connect Play:1 to their home network and download the app, they can stream music from the most popular music services directly to the speakers. Purchase additional speakers for an even richer music experience.



Pebble — $150
So much more than just a watch. Pebble connects to your smartphone via Bluetooth so you receive notifications each time you receive an email or text. Download apps to give your watch even more functionality. Teens can also personalize Pebble by choosing one of hundreds of customizable faces or swapping out the wrist strap.



Philips Friends of Hue Bloom Lamp — $79.95
The perfect way to let your teen customize the look of their room without spending a fortune. This lamp is designed to cast coloured light on walls, using an app designed for your iPod, iPhone, or iPad. More than 16 million colours are possible and it doesn't get hot. Requires Philips Hue Bridge accessory.

iPad Mini 2nd Gen — $419 and up
The all-new iPad Mini finally receives the beautiful Retina display. Internal specs also feature a dramatic improvement with faster processor and improved graphical power. Ideal for learning and leisure.

HTC One Mini — $399.99
This pocket-friendly device has the features teenagers demand in a smartphone. Crisp, 4.3-inch high-definition display, amazing audio through to two front-facing speakers, a fantastic camera, plus all your social media streams to the main screen. What more could a teen a want.





Xbox One — $499.99, clockwise, from left, iPad Mini 2nd Gen — $419 and up, Philips Friends of Hue Bloom Lamp — $79.95, Mophie Juice Pack Helium — $79.95, Sonos Play:1 — $219, HTC One Mini — $399.99, Samsung Galaxy S4 Mini — $449.99 (no contract), Sony Xperia Z1 — $700 (no contract).

Holiday gift guide

34 shopping days left

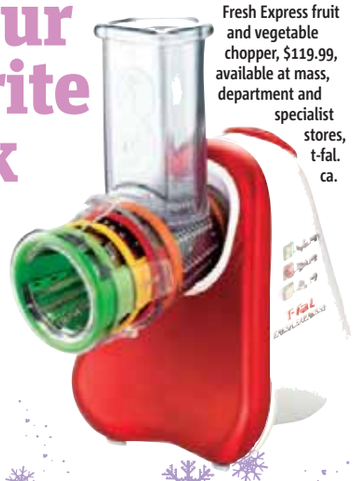




Holiday helpers for your favourite cook



Saeco Poemia Top SS manual Espresso Maker, $179, available at major retailers and independent kitchen stores.



Fresh Express fruit and vegetable chopper, $119.99, available at mass, department and specialist stores, t-fal.ca.



Ethical Bean 3-pack gift set of 100 per cent Fairtrade Certified Organic coffee, $34.95, available at shop.ethicalbean.com.



Umbra's Bento bamboo cutting board, $40, available at umbra.com.



MudPie Moose Salt and Pepper Set, $22, available at CameoNouveau.com.



Wilton Holiday three-piece Cookie Cutter Set, $5, available at Canadian Tire, canadiantire.ca.







Don’t let the eggnog derail your career path

Office holiday parties. Be on your best behaviour when you gather with co-workers

JANE DOUCET
For Metro


It’s wise to keep your inhibitions in check at the annual holiday party if you want to keep your career on the fast track. PRESSMASTER/SHUTTERSTOCK

Ah, the annual office holiday party. Perhaps people have been on their best behaviour at the parties you have attended, but things can go south quickly, especially if alcohol flows freely.

If that happens this year — if you want to keep your career on the fast track — it’s wise to keep your inhibitions in check.

“Employers are responsible for the safety of their employees, even at an office party, and they have a legal obligation to take appropriate disciplinary action against anyone who goes overboard in terms of sexual harassment, insubordination or discrimination,” said Susan Thompson-Graham, the head instructor of the advanced diploma program in human resource management at the Nova Scotia Community College in Halifax.

Here are Thompson-Graham’s tips for how to not ruin your career at the party:

• Don’t skip the shindig. You may not want to go, but it’s one night of the whole year, and if you don’t attend, you could be ostracized at work for a while.

• Drink responsibly. Let management set the pace for how much alcohol is consumed. If everyone overindulges, ensure that you also consume vast quantities of water and food. “You don’t want to be the office hangover joke the next day,” Thompson-Graham said. “And do I even need to say it? No illegal drugs.”

• Dress appropriately. “It’s not Halloween, so no sexy pirate, sexy nurse or sexy devil outfits,” Thompson-Graham said.

• Keep romance at bay. Although many people do meet their significant other at work, don’t make out on the dance floor under the glare of the disco ball. “Instead, make arrangements for a rendezvous after the party,” Thompson-Graham said.

• Observe social media etiquette. That means no texting — you need to look like you want to be there. And no posting “memorable moments” from the party on Facebook or Instagram, especially if your company has a social media policy.

• Express your gratitude. Thank the host and organizers for their hard work. “I often hear managers say, ‘I do this for my employees and don’t get a single thank you.’ Be remembered for being the one who took the time to do so,” Thompson-Graham said.





Tradition. Gather the family for story time

Most families have a Christmas tradition or two that they look forward to sharing together year after year.

Traditions draw us closer together and allow us to slow down and enjoy the season.



Reading Christmas short stories together is free, meaningful and gives a slight pause to each day of the hustle and bustle that comes with the holiday season.

Begin on Dec. 1 and read a story each night until Christmas. You may want to plan ahead by having each family member choose a favourite holiday story.

You can borrow some from your local library, download them or listen to audio stories.

Make story time special by lighting some candles, or gathering the family around the Christmas tree. Make some apple cider or hot chocolate and have a small treat like cookies or shortbread to go with your hot drink.

You will be surprised at how much your family will look forward to this quiet time with each other and you may even have some wonderful conversations during or after reading these moments together. Story time is also a great way to wind everyone down before bed, both young and old. **METRO NEWS SERVICES**

Christmas story primer

Some Christmas stories to get you started.

- The Gift, by R. Louis Carroll
- The Story Of Babushka: A Christmas Folktale, by Ruth Robbins
- T'was the Night Before Christmas, by Clement C. Moore
- The Christmas Story, the Bible — Matthew, Chapters 1 and 2
- The Little Match Seller, by Hans Christian Anderson
- The Gift of the Magi, by O. Henry
- The Selfish Giant, by Oscar Wilde
- The Life and Adventures of Santa Claus, by L. Frank Baum
- A Kidnapped Santa Claus, by L. Frank Baum
- The Cobbler and His Guest, by Anne McCollum Boyles

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QMJHL

Mooseheads ranked No. 8 in the country

The Halifax Mooseheads climbed two spots on the Canadian Hockey League's top-10 weekly rankings issued on Wednesday.

The Herd came in at No. 8 in the country after placing 10th last week.

The Mooseheads (19-8) were 3-0 last week, extending their winning streak to seven games.

The QMJHL's Blainville-Boisbriand Armada continue to hold down the No. 1 position, while two other teams from the league made the list: The Baie-Comeau Drakkar (16-5-1-3) remained at No. 7 and the Gatineau Olympiques received an honourable mention for the second straight week. METRO

Subway Super Series

Duclair caps Q's sweep of Russia

Anthony Duclair's goal lifted the Quebec Major Junior Hockey League past Russia 4-3 in the Subway Super Series on Wednesday.

The result gave the QMJHL a two-game sweep of the Russians after a 3-2 win Monday.

The teams were tied 3-3 when Duclair, a Quebec Remparts forward, scored at 12:26 of the third period.

Daniel Audette, Anthony Mantha and Christopher Clapperton also scored for the QMJHL.

Mark Skutar, Igor Rudenkov and Ivan Barbashev had a goal each for Russia, which next opens a two-game series with the Ontario Hockey League on Thursday. THE CANADIAN PRESS



Stephen MacAulay is shown playing with the Hamilton Bulldogs in an October exhibition game. BRANDON TAYLOR/HAMILTON BULLDOGS HOCKEY CLUB

MacAulay eager for more in the AHL

Hockey. After 2-point debut, ex-Moosehead intent on making impact with Bulldogs



ANDREW RANKIN
andrew.rankin@metronews.ca

Stephen MacAulay never expected to be playing in the East Coast Hockey League this season.

But that's where the former Halifax Moosehead and Cole Harbour native found himself early last month after being cut by the Hamilton Bulldogs, the Montreal Canadiens' American Hockey League affiliate.

It was a difficult pill to swallow, given he was offered a chance play with the Bulldogs last year, but opted to develop his game in junior instead. In July, he signed a one-year deal with the team and followed that up with a fine performance at the Canadiens' rookie and main camp.

"It was obviously tough being cut," said MacAulay. "They caught me off guard a little bit. I didn't really think I would be down there.

"But I took a negative and turned it into a positive. I went down there with a good attitude."

Fast forward to Tuesday night; MacAulay made his debut in the Bulldogs' 5-1 victory over the Texas Stars. Getting the call up due to team injuries, he made the most of his opportunity, scoring a goal, along with an assist en route to being named the game's first star.

Quoted

"I couldn't really ask for a better first game in the AHL." Stephen MacAulay

"I got a couple bounces my way and capitalized on some chances," he said.

His ECHL experience did him plenty of good. Being one of only 10 dressed forwards, the 21-year-old was forced to pace himself, become a more intelligent, efficient player.

That, and he figures he's getting a little help from his mom, who succumbed to cancer last year.

"She was there last night smiling down on me and helping me get a few bounces. She kept me safe on the ice."

MacAulay has no idea how long he'll stay with the Bulldogs, but he is determined to make that decision a very difficult one.

The NHL also remains top of mind.

"Right now I'm just focusing on competing every night and winning my battles every night and getting stronger."

Tigers get first win at Huskies' expense



Dalhousie head coach Chris Donnelly finally got a win under his belt on Wednesday night. JEFF HARPER/METRO

Finally getting their first win of the season was sweet relief for Bobby Nadeau and the Dalhousie Tigers.

But for the Tigers netminder to do it against the Saint Mary's Huskies was the boost he needed.

"They're kind of our rivals and they always play well against us," said Nadeau who made 42 saves to help lead the Tigers to a 3-1 victory over the Huskies at the Halifax Forum on Wednesday night.

"It's good to get a win against them this time. We respect them as a team and it was a good test for us. We've worked through key injuries and bad luck and it paid off tonight."

The 1-8 Tigers took it to the 4-6 Huskies early, capitalizing on two power plays to take a 3-0 lead into the third period. Huskies forward Mat Tipoff would make it a two-goal game just two seconds into the final frame. But that's as close as they would get.

"I just loved seeing the guys blocking so many shots in the third period," said Nadeau. "There are 40 seconds left and guys are diving to block shots; that shows a lot of respect to the team and me."

Tigers forward Alex Cote collected a goal and an assist and first-star honours. He said the win was a long time coming.

"We always felt like we were heading in the right direction; it paid off tonight," he said.

Chris Ivanko and Kendall MacInnis rounded out the scoring for the Tigers. ANDREW RANKIN/METRO

On the flip side

On the other side, Huskies captain Lucas Bloodoff had nothing but disgust for his team's effort.

- "Our start was awful," said Bloodoff. "We were flat. It's not acceptable, especially at this time of year."

4 SPORTS

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Pens thrash the Caps for shutout win



The Capitals' Alex Ovechkin, left, collides with the Penguins' Sidney Crosby in Washington on Wednesday. ALEX BRANDON/THE ASSOCIATED PRESS

One-sided rivalry. Pittsburgh has outscored the Caps 21 to nine in five straight games between the two clubs

Seeing the Pittsburgh Penguins hasn't been a good thing for the Washington Capitals for a long time.

Beyond the one-sided playoff history of the rivalry, the Penguins have recently had the Capitals' number. That continued Wednesday night with a 4-0 blowout victory at Verizon Center, their fifth straight victory in the series.

In those five games, Pittsburgh has scored 21 goals to Washington's nine.

Pittsburgh (14-8-0) maintained first place in the Metropolitan Division on the strength of goals by Paul Martin, Beau Bennett, Sidney Crosby and James Neal. Goaltender Marc-Andre Fleury had a light night, making 18 saves for his 25th career shutout and second of the season. This game marked the return of Crosby vs. Alex Ovechkin with the stars at the top of their games for the first time in years. Ovechkin had a few of the Capitals' best chances, while Crosby had a power-play goal and an assist. THE CANADIAN PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	21	14	6	1	59	38	29
Tampa Bay	21	14	7	0	66	55	28
Toronto	21	13	7	1	62	49	27
Detroit	22	9	6	7	54	62	25
Montreal	22	11	9	2	58	47	24
Ottawa	22	8	10	4	63	71	20
Florida	22	6	12	4	49	72	16
Buffalo	23	5	17	1	42	72	11

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	22	14	8	0	63	48	28
Washington	22	12	9	1	69	63	25
NY Rangers	21	10	11	0	43	52	20
Carolina	21	8	9	4	40	59	20
New Jersey	20	7	8	5	42	49	19
NY Islanders	22	8	11	3	63	73	19
Philadelphia	20	8	10	2	40	50	18
Columbus	21	7	11	3	52	64	17

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	22	14	4	4	79	66	32
Minnesota	23	14	5	4	61	53	32
St. Louis	20	14	3	3	70	47	31
Colorado	20	15	5	0	64	42	30
Dallas	20	11	7	2	58	56	24
Winnipeg	23	10	10	3	61	66	23
Nashville	21	10	9	2	48	63	22

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	23	15	6	2	72	59	32
San Jose	21	13	3	5	72	50	31
Phoenix	21	14	4	3	73	66	31
Los Angeles	22	15	6	1	63	48	31
Vancouver	23	11	8	4	58	61	26
Calgary	21	7	11	3	59	79	17
Edmonton	23	6	15	2	60	83	14

Note: Two points for a win, one point for overtime loss.

Wednesday's results
Minnesota 4 Ottawa 3
Pittsburgh 4 Washington 0
New Jersey at Anaheim
Columbus at Calgary
Tuesday's results
Toronto 5 NY Islanders 2
Nashville 2 Detroit 0
St. Louis 4 Buffalo 1
Edmonton 7 Columbus 0
Florida 3 Vancouver 2 (SO)
Colorado 5 Chicago 1
Los Angeles 5 Tampa Bay 2
Philadelphia 5 Ottawa 2
Montreal 6 Minnesota 2
Boston 2 NY Rangers 1

Thursday's games — All times Eastern
St. Louis at Boston, 7 p.m.
Nashville at Toronto, 7 p.m.
Buffalo at Philadelphia, 7 p.m.
Carolina at Detroit, 7:30 p.m.
Chicago at Winnipeg, 8 p.m.
NY Rangers at Dallas, 8:30 p.m.
Colorado at Phoenix, 9 p.m.
Florida at Edmonton, 9:30 p.m.
New Jersey at Los Angeles, 10:30 p.m.
Tampa Bay at San Jose, 10:30 p.m.
Friday's games
Montreal at Washington, 7 p.m.
NY Islanders at Pittsburgh, 7 p.m.
Florida at Calgary, 9 p.m.
Tampa Bay at Anaheim, 10 p.m.
Columbus at Vancouver, 10 p.m.

MLS PLAYOFFS

CONFERENCE CHAMPIONSHIPS

(2-game series; aggregate goals)

EASTERN CONFERENCE

KANSAS CITY VS HOUSTON

Leg 2 — Saturday's game
Houston at Kansas City, 7:30 p.m.

WESTERN CONFERENCE

SALT LAKE VS PORTLAND

Leg 2 — Sunday's game
Salt Lake at Portland, 9 p.m.

CFL PLAYOFFS

GREY CUP

Sunday's game — All times Eastern
Hamilton at Saskatchewan, 6 p.m.

DIVISION FINALS

EAST DIVISION
Sunday's result
Hamilton 36 Toronto 24

WEST DIVISION
Sunday's result
Saskatchewan 35 Calgary 13

NFL

Thursday's game — All times Eastern
New Orleans at Atlanta, 8:25 p.m.
Sunday's games
Minnesota at Green Bay, 1 p.m.
Jacksonville at Houston, 1 p.m.
San Diego at Kansas City, 1 p.m.
Chicago at St. Louis, 1 p.m.
Pittsburgh at Cleveland, 1 p.m.
Tampa Bay at Detroit, 1 p.m.
N.Y. Jets at Baltimore, 1 p.m.
Carolina at Miami, 1 p.m.
Tennessee at Oakland, 4:05 p.m.
Indianapolis at Arizona, 4:05 p.m.
Dallas at N.Y. Giants, 4:25 p.m.
Denver at New England, 8:30 p.m.
Monday's game
San Francisco at Washington, 8:40 p.m.

NBA

Wednesday's results
Miami 120 Orlando 92
Toronto 108 Philadelphia 98
Washington 98 Cleveland 91
Indiana 103 New York 96 (OT)
Charlotte 95 Brooklyn 91
Atlanta 93 Detroit 85
L.A. Clippers 102 Minnesota 98
Portland 91 Milwaukee 82
New Orleans 105 Utah 98
San Antonio 104 Boston 93
Sacramento 113 Phoenix 106
Houston at Dallas
Memphis at Golden State
Tuesday's results
Washington 104 Minnesota 100
Miami 104 Atlanta 88
Detroit 92 New York 86
Houston 109 Boston 85
Sacramento 107 Phoenix 104
Thursday's games — All times Eastern
L.A. Clippers at Oklahoma City, 8 p.m.
Chicago at Denver, 10:30 p.m.
Friday's games
Milwaukee at Philadelphia, 7 p.m.
Phoenix at Charlotte, 7 p.m.
Washington at Toronto, 7 p.m.
Indiana at Boston, 7:30 p.m.
Atlanta at Detroit, 7:30 p.m.
Brooklyn at Minnesota, 8 p.m.
San Antonio at Memphis, 8 p.m.
Cleveland at New Orleans, 8 p.m.
Utah at Dallas, 8:30 p.m.
Chicago at Portland, 10 p.m.
Golden State at L.A. Lakers, 10:30 p.m.

MLB

Fielder dealt to Rangers for Kinsler: Source

The Tigers and Rangers agreed to a blockbuster trade Wednesday night that would send Detroit slugger Prince Fielder to Texas for second baseman Ian Kinsler, according to a person with knowledge of the deal.

Fielder signed a $214-million, nine-year contract with the Tigers before the 2012 season. Kinsler just finished the first season of a $75-million, five-year contract. THE ASSOCIATED PRESS

NBA

Raptors thump Sixers for division top spot

DeMar DeRozan scored 33 points and Rudy Gay had 18 to help the Toronto Raptors beat the Philadelphia 76ers 108-98 on Wednesday night.

In a down year so far in the Atlantic Division, the Raptors (5-7) wrested away first place from the Sixers (5-8). THE ASSOCIATED PRESS

Grey Cup. Roughriders coach ignores pressure ahead of Sunday's game

They're the overwhelming favourite as Grey Cup hosts and are carrying the weight of an entire province's expectations.

But the pressure is off the Saskatchewan Roughriders, according to head coach Corey Chamblin. He says getting to Sunday's CFL championship was the real challenge.

"The biggest pressure for our team was making sure no one else sat in our locker-room," Chamblin said Wednesday at the annual Grey Cup coaches news conference. "It's about working all off-season, all year to protect your house and that was the biggest thing and the biggest pressure we had.

"We're in it now and as I tell the guys, if we're good enough to be in it we're good enough to win it. It's time for it to be decided now on the football field, not in the media, not with trash-talking."

Riders general manager Brendan Taman made it clear early this off-season he was serious about fielding a Grey Cup contender with Regina hosting the big game. He acquired receiver Geroy Simon from the B.C. Lions before adding defensive linemen Ricky Foley and John Chick and defensive back Dwight Anderson.

Not only are Simon, Foley, Chick and Anderson all CFL veterans but each has a Grey Cup ring, Chick earning his with the Riders in 2007 before heading to the NFL. However, adding experienced performers to an already solid core only served to jack up expectations in football-mad Saskatchewan, especially after both B.C. and Toronto had captured Grey Cup titles as the host city the past two years.

The Riders might be playing on their home field but Chamblin is attempting to reduce distractions by putting players in hotels and imposing a nightly curfew.

"When you look at the Grey Cup, it's a championship game (involving) the two best teams in the league," he said. "The biggest thing is I want them to stay in the routine they've been in, that they only think football." THE CANADIAN PRESS



Roughriders head coach Corey Chamblin.
NATHAN DENETTE/THE CANADIAN PRESS

Visitors in the cold

Ticats weather Prairie chill

For Hamilton Tiger-Cats like Josh Bartel, Mosaic Stadium might as well have been on Pluto given the frigid temperatures Wednesday.

The Eastern champion Ticats ventured outside into the Grey Cup deep freeze and it didn't take long before players with visors looked like they needed an ice-scraper to see.

The temperature was listed at minus-16 but it felt like minus-28. The forecast for Sunday is improved, with a daytime high of minus-one and low of minus-12. THE CANADIAN PRESS



Ticats receiver Andy Fantuz on Wednesday in Regina.
THE CANADIAN PRESS





Horoscopes

♈ Aries
March 21 - April 20
If your instincts tell you to follow a path you would not normally take, do so without hesitation. The Sun's imminent change of sign promises all wonderful adventures for you over the coming four weeks.

♉ Taurus
April 21 - May 21
You will do what is expected of you today but that does not mean you are obligated to do favours for everyone. The most useful thing you can learn over the next 24 hours is to say "no".

♊ Gemini
May 22 - June 21
Loved ones may have found it hard to put their feelings into words in recent weeks but as of tomorrow, they will make up for it. They will come right out and tell you how they feel.

♋ Cancer
June 22 - July 23
You have started many new projects in recent weeks but now you must ask yourself what you are hoping to achieve. Do you really need to work on so many things at once? You know the answer.

♌ Leo
July 24 - Aug. 23
If a project you had high hopes for does not seem to be working, end it. That may sound drastic but as the Sun is about to move into the most dynamic area of your chart you don't have time to waste on failures.

♍ Virgo
Aug. 24 - Sept. 23
You may find it hard to let your hair down over the next few days. Take it as a sign that you have important tasks to perform. You will know when it's time for fun and games.

♎ Libra
Sept. 24 - Oct. 23
A minor argument has been blown out of all proportion and now people who were once your friends can hardly bring themselves to say hello. It's up to you to end this stupidity.

♏ Scorpio
Oct. 24 - Nov. 22
You may find it hard to get along with people today, especially if you have doubts they are on your side. Are you right to be suspicious or is your mind playing tricks? You can't know, so don't take chances.

♐ Sagittarius
Nov. 23 - Dec. 21
You have sacrificed so much in recent weeks and now there is nothing left to give. That's OK. Tomorrow the tide will turn in your favour and it will be you who receives so many amazing things from the universe.

♑ Capricorn
Dec. 22 - Jan. 20
In the greater scheme of things, everything happens for a reason and if you keep your eyes and ears open today it's possible that you may catch a glimpse of the grand design.

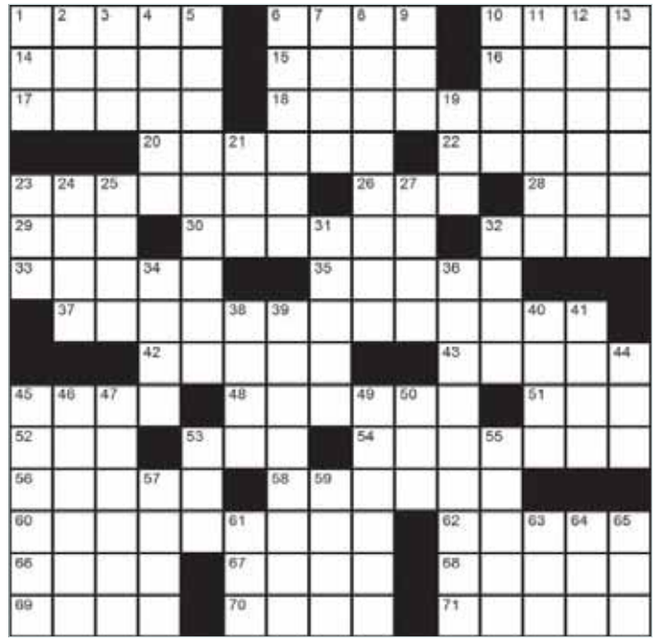
♒ Aquarius
Jan. 21 - Feb. 19
Your aim now must be to make friends, make plans and make the most of your talents. It does not matter what other people expect of you, it matters only what you expect of yourself.

♓ Pisces
Feb. 20 - March 20
You may not be aggressive by nature but as the Sun approaches the career angle of your chart today and tomorrow you will certainly be assertive. What is it you desire the most? Take it. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



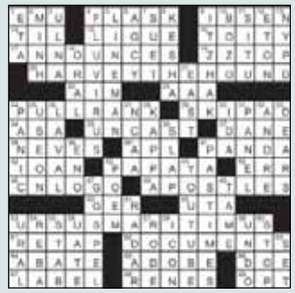
Across

1. Comic legend Ms. Burnett
6. Li'l drill instructors
10. Rake's spot
14. 'River Horse', commonly
15. Q. "How do you spell the synonym for 'Precedence'?" A. "P-r-_-_-_-t-y."
16. Ms. Dunham
17. Job type, __. Asst.
18. The Liberals, colloquially: 2 wds.
20. Where Kampala is the capital city
22. '60s abstractionism: 2 wds.
23. PEI: __ Island Provincial Park
26. Yellowknife's locale, for short
28. The Lion
29. Caesar's 106
30. Crop up
32. Port of Yemen
33. When repeated with Zou, French tune
Canadian actress Jessica Pare sang on "Mad Men"
35. Island near the Statue of Liberty
37. Hagar The Horrible's family wears these: 2 wds.
42. Honolulu hello
43. Swerved
45. With competence
48. Kilroy's Mr.
51. Bio info
52. Sorrow
53. "Dallas" character
54. La Compagnie de la Baie _'__
56. __ Test Dummies
58. Withstand
60. Schmoozer's greetings: 2 wds.
62. Pondered
66. Say it's nay
67. Buckeye State
68. Keen
69. Celtic language
70. "Because of partner / Take my hand..." goes this Leonard Cohen tune: 3 wds.
38. Ms. Ephron
39. CBC personality Jian
40. Poetic contraction
41. Kind of lily
44. Hideaway
45. Canuck band, __ Fire
46. Bone-holding digging dog
47. Gains knowledge
49. __-__ favourite
50. Pre-Fri. day, variantly
53. Greek letter
55. Two
57. Canadian singer Ms. Sweetnam
59. No: German
61. Plant seeds
63. "How ya doin'?"
64. Airport posting, for short
65. Benicio __ Toro
71. Tibet's neighbour

Down

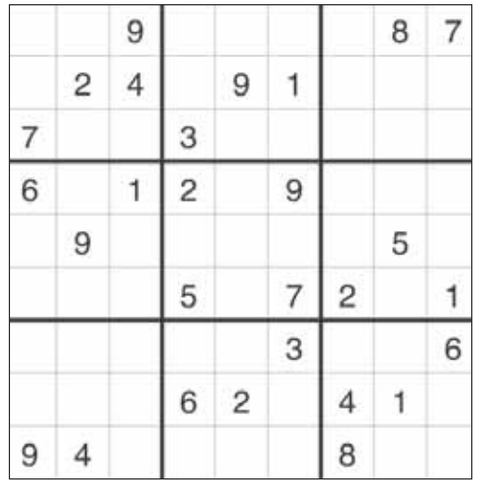
1. Pussycat Dolls hit: "Don't __"
2. Care
3. Circling stat.
4. Yves Saint Laurent perfume
5. Quebec's fifth largest city
6. John Hancock, in 1776
7. Tragically Hip's Mr. Downie
8. The Bermuda __
9. Kennel command
10. "__ Shot" (1977)
11. Joyfully ring in
12. Menu meal
13. __, Ohio
19. Stove topper
21. Strong-__
23. Banned pollutant, commonly
24. Tel __
25. Inconclusive
27. Water source
31. Sobering spot for celebs
32. Voyaging on the ocean
34. Approve
36. "If you want a

Yesterday's Crossword

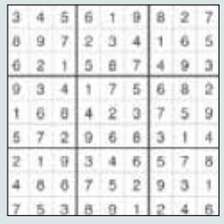


Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku



Today
3°/-2°
Sunny
Friday
5°/-3°
Mainly sunny
Your #1 weather forecast now available in HD.
Check your local listings for details.
The Weather Network HD
TWN incorporates MSC data







WINTER
IS JUST AROUND THE CORNER
WARM UP AT DARTMOUTH DODGE

PAYMENT INCLUDES 4 FREE SNOW TIRES!



2014 DODGE GR. CARAVAN CVP

Was $30,190

NOW $18,995

or

$69/wk

Stk# 14GV8630

4 WINTER TIRES with the purchase of these 2 vehicles

PAYMENT INCLUDES 4 FREE SNOW TIRES!



2014 RAM 1500 SXT QUAD CAB 4X4

Was $39,985

NOW $25,705

or

$92/wk

Stk# 14RQ9554

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Mon-Thurs: 8:30am-8:00pm
Fri & Sat: 8:30am-6:00pm
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